

**Policy and Program Implications
of the New
Dietary Guidelines for Americans
for
Food and Nutrition Service
Programs**

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Before We Begin...

Please take a moment to select your initial responses on the handout provided to you. After the presentation, you will be asked to select responses again. The (anonymous!) handouts will be collected after the presentation. Thank you!

FNS Programs

- FNS administers 15 nutrition assistance programs; these programs serve 1 in 5 people in the U.S. each year
- While the 2005 Dietary Guidelines for Americans (DGA) will influence most programs, a few merit special attention:
 - National School Lunch Program (NSLP) and School Breakfast Program (SBP)
 - Food Stamp Program (FSP)
 - Special Supplemental Food Program for Women, Infants and Children (WIC)
- These four programs represent roughly 89% of FNS program spending in FY 2005

The 2006-2007 Horizon

- Publication of Proposed Rule regarding WIC food package changes
- Publication of revised Thrifty Food Plan market basket (FSP)
- Publication of Proposed Rule regarding implementation of 2005 DGA in NSLP and SBP

Nutrition Standards Governing FNS Programs

- **WIC:** Foods that promote the health of the population served...as indicated by relevant nutrition science, public health concerns, and cultural eating patterns
- **FSP:** Raise nutrition levels of low-income households; benefit levels are based on the cost of USDA's Thrifty Food Plan, a low-cost nutritious diet for a family of four persons
- **NSLP:** Meet 1/3 of the RDAs, and are consistent with goals of the DGA
- **SBP:** Meet 1/4 of the RDAs, and are consistent with the goals of the DGA

General Considerations for Program Change

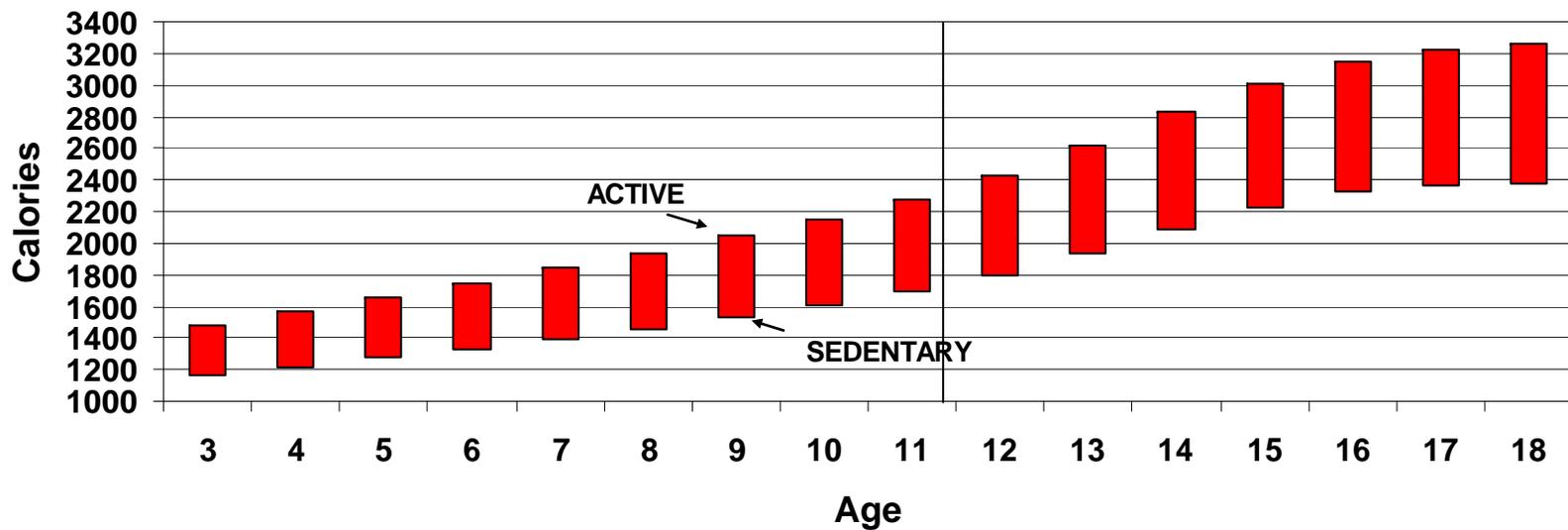
- Participation
- Cost
- Feasibility
- Burden
- Added value of change

Specific Questions: NSLP/SBP Calories

- **How should calorie levels be determined?**
 - School meal calorie levels are currently based upon the 1989 RDA for calories; this RDA provided one calorie level per age
 - The 2005 DGA and the new DRIs provide calorie ranges based on activity level (sedentary, moderately active, active) at each age
 - Challenge to meet individual needs of children in a group feeding situation while minimizing both hunger and obesity

Daily Energy Needs

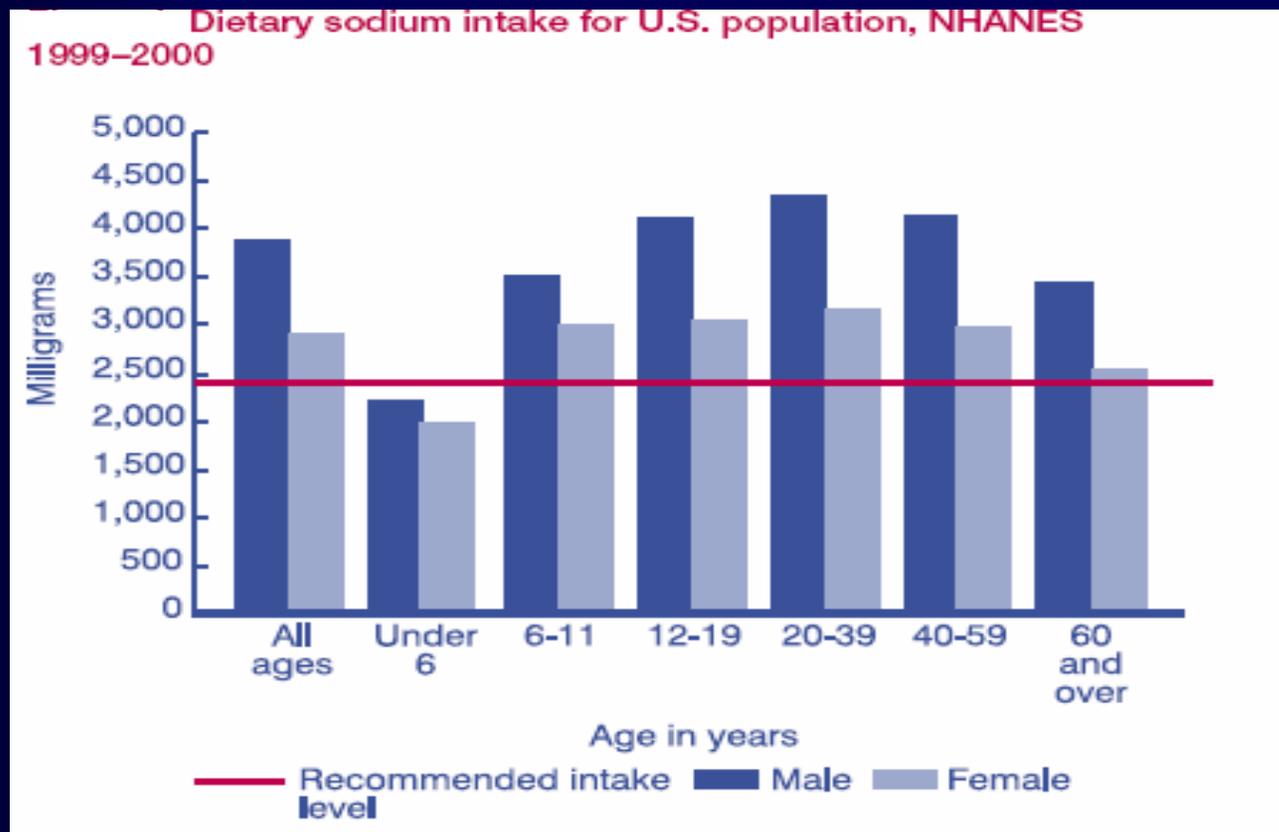
Sample Calorie Range for School Aged Males



Specific Questions: NSLP/SBP Sodium

- **Should a maximum level be set for sodium?**
 - Previous DGAs have not recommended a specific value for sodium intake, rather to consume sodium in moderation
 - Both DGA and Dietary Reference Intakes (DRI) now recommend a clear upper limit for daily intake
 - Data from the School Nutrition and Dietary Assessment Study (SNDA) II indicate that high school lunches contain **~1,382 mg** of sodium; if current DGA/DRI guidance is followed, the maximum amount of sodium allowable in a high school lunch would be **~767 mg** (*44% reduction*)

Current Sodium Intake



Source:

10 <http://www.cdc.gov/nchs/data/nhanes/databriefs/calories.pdf>

Specific Questions: NSLP/SBP *Trans* Fats

- **Should a maximum level be set for *trans* fats?**
 - *trans* fats have not previously been addressed in the DGA or monitored in school meals
 - The 2005 DGA recommends that intake of *trans* fats be minimized; *trans* fats will be added to the nutrition facts panel of food products in January, 2006
 - Challenge in minimizing planning/monitoring requirements while following DGA

Specific Questions: NSLP/SBP Fiber

- **Should a minimum level be set for fiber?**
 - Currently, schools are encouraged to increase fiber in school meals, but a specific numeric target is not set
 - The 2005 DGA offers clear recommendation of 14 g/1000 kcal for fiber intake across all ages
 - Would require a dramatic increase of whole grains, fruits and vegetables in school meals

Specific Questions: NSLP/SBP

- **Which nutrients should be regulated?**
 - Calories, calcium, iron, vitamin A, vitamin C and protein are currently regulated in school meals; each is listed on the nutrition facts panel
 - Three of the “nutrients of concern” for children in the 2005 DGA (magnesium, potassium, vitamin E) are not on the nutrition facts panel
 - Challenge of determining which nutrients are the best “proxies” for overall diet quality among school children and how to reliably estimate the content of nutrients not on the nutrition facts panel

Specific Questions: Food Stamp Program

- **How should the foods in the Thrifty Food Plan be altered?**
 - Represents a healthy low-cost model diet, yet realistic for consumers (acceptability, cost, and access)
 - Chosen foods need to form a solid basis for determining Food Stamp Program benefits and monitoring retail food costs
 - How should nutrient recommendations be prioritized for inclusion in the TFP? What if not all nutrient recommendations can be met?

Specific Questions: WIC

- **What should be provided in the WIC supplemental food packages?**

FNS is reviewing recommendations from the Institute of Medicine which suggest more variety of foods in the WIC food packages, as well as increased value in packages for exclusively breastfeeding women.

IOM Recommendations on Changes to the WIC Food Package

Recommendations from the IOM include:

- Adding
 - fruits and vegetables
 - whole grain products (breads and grains); requiring that all cereals be whole grain
 - baby foods (fruits, vegetables, meats)
- Reducing quantities of
 - juice
 - eggs
 - milk
- Revising quantities of infant formula

FNS Program Considerations Beyond the DGA

- Reducing the prevalence of inadequate and excessive nutrient intakes among participants
- Foods are available in forms suitable for low-income persons who may have limited transportation, storage, and cooking facilities
- Foods are readily acceptable, widely available and commonly consumed; take into account cultural food preferences; and provide incentives for program participation

Bottom Line...

- The implementation of current recommendations into FNS programs brings forward many questions/issues for which there are not always clear answers
- Any change to a program is accompanied by positive and negative implications that must be weighed against one another
- The decisions that we make ultimately affect 1 in 5 people in the U.S.

Please remember to complete your handout and pass it to the end of your row.

Thank you!